

The Village Voice



A Newsletter Sharing Our Continuum of Care Story

FLU SHOT CLINIC

No Appointment Needed!

**Friday, 26th @ 1:30pm
The Palms Living Room**

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

According to the CDC (Centers for Disease Control and Prevention), the upcoming season's flu vaccine will protect against the influenza viruses that research indicates will be most common during the season. This includes an influenza A (H1N1) virus, an influenza A (H3N2) virus, and one or two influenza B viruses, depending on the flu vaccine.

Journey to The Palms Living Room with your medical insurance card in hand, and participate in this convenient clinic compliments of Rite Aid Pharmacy.

September -- It Does A Body Good!

There is no better time than now to take the next step to a healthier life! Although we are "seasoned individuals," it doesn't mean we should neglect exercise, balanced diets, and preventative health measures. This Fall, we'll see you at the gym or juice bar!

Parachute Party!

**Friday, 5th @ 11:30am & Tuesday, 30th @ 10:15am
Sydney Creek Community Room**

Borrowed from elementary school gym classes, parachute games are a fun, no-impact, and low range-of-motion activity. Grab the parachute edge, begin to raise and lower, and watch it billow. Throw plastic balls into the mix, and watch them jump like popcorn! This is a fun and a creative workout for all, so feel free to bring the family to join in!

Positively Fit!

**Tuesdays, 9th & 23rd @ 11:00am
Garden Creek Private Dining Room**

"You are what you think!" At Garden Creek, we practice healthy living by exercising each morning. This month, we'll focus our minds with some positive thinking. Join this uplifting group to practice good thoughts and affirmations to help you become "positively fit."

Tropical Dancing Anyone?

**Friday, 19th @ 3:00pm
The Palms Central Courtyard**

Dance the hula the right way with our own Chicago showgirl, Loretta. Not only does this island dance look beautiful, but it burns calories and helps balance. Grass skirts, flowery leis, and Hawaiian refreshments will be provided.

Retirement Living

The Palms & The Oaks



ASSISTANT DIRECTOR'S NOTE:

Dear Residents:

September always brings back memories of my early school days. Nearly every summer, a few weeks before school started, my family would trek up to the Bay Area to visit relatives in San Jose and Santa Clara. The highlight of the stay was a spending spree at the Valley Fair Mall. Valley Fair was a small-town girl's heaven on earth! Even though our budget was tight, I'd always get a new fall outfit, complete with sturdy shoes. To this day, whenever I smell the aroma of leather, I pine for my cherished saddle shoes. Even though the first day of school was usually a warm autumn day--I would wear my new woolen duds with pride, no matter how much I perspired!

As I got older, I focused more on my classes and less on my wardrobe. I've always enjoyed learning new things, whether it was computer skills in a classroom, or experiencing Miwok ethnobotany on a mountainous Yosemite trail.

Education is a non-ending process and at The Villages we are fortunate to have schooling year round! There are so many "courses" for our residents to enjoy, and luckily there are no prerequisites--you can sign up or drop in to numerous activities. For those intrigued by current events, we have public discourse gatherings. History buffs can enjoy special local landmark tours. Art students can paint to their heart's content in a water color class, while those with rhythm in their souls can dance the hula or sing in The Village Voices choir.

Have an idea for a class that we don't offer? Just let Faith or Natalie know. We want to keep that lamp of learning burning bright!

Best wishes,
Jeri O'Neill

June Field's Trip of a Lifetime

By Jeri O'Neill

June Fields is an Anglophile through and through. Her first trip to England occurred in 1961. Since then she has made the trek to London 22 times. June probably knows London better than Fodor's Travel Books. Consequently, last year, on November 5, she agreed to act as tour guide on a nine-day trek with her two nieces, Liz and Nancy Delphenich. June, a Brooklyn, NY transfer, had just downsized before her October cross-country move to The Palms.

This Great Britain trip would prove to be very different from her previous journeys. The flight took five hours longer than her customary departures from the east coast. Unlike other air voyages, June remained in her seat the entire time. Additionally, she didn't have her compression socks--victims of the recent downsizing. When she and her nieces landed, June felt fine. They had rented an apartment for their stay, so while June settled in, Nancy and Liz fetched dinner.

June planned a visit to London's famous shopping mall, Westfield, on the first day's agenda. On the way back from the mall, June didn't feel very well. The taxi driver asked if he could drop everyone off on the corner because of the heavy traffic. As June exited the cab, she immediately collapsed in the street. The last thing she remembered hearing was her niece shouting, "We need an ambulance!" In the midst of the confusion, her niece forgot that in Europe 999 is dialed instead of 911 for emergencies.

The ambulance was trapped in rush hour traffic. Time was of the essence, so the driver swerved the taxi onto the sidewalk to skirt the traffic jam! In the ER, June's heart stopped and a defibrillator was used to revive her. She also endured three blood transfusions and surgery.

Three days later, June awoke in an ICU. She had experienced a pulmonary embolism due to a blood clot sustained during her flight. June has no recollection of anything that happened during those crucial days. "It's probably a good thing I don't remember!," she confessed. It was touch and go for five days, but the medical personnel were attentive, dedicated, and caring.

Even though June was very weak, she wasn't about to let her confinement ruin the trip for her nieces! When they visited every day, she provided them with a new itinerary. The apartment landlady generously extended their occupancy for six additional days without charge. They returned to the U.S. on Thanksgiving Eve.

All told, June's hospital stay lasted 30 days. Thanks to her travelers' insurance, she received a fantastic nurse escort. He whisked her through Heathrow and LAX. When she arrived at French Hospital with a four page medical summary from England, she expected to be admitted. Much to her surprise, the ER physician decided that she had made such a remarkable recovery, she could go home.

According to June, "Anyone who worries about socialized medicine, shouldn't!" Everything was top notch, including MRIs, physical therapies, and medications. The cost couldn't be beat either: her EOB for the British ER, attended by three doctors, totalled \$1,100. Pretty cheap for a trip of a lifetime!

September -- Hello, Autumn!



It's a busy month!

Ready, Set, Draw!

Tuesday, 2nd @ 1:30pm

The Palms Arts & Crafts Room

Pablo Picasso once wrote, "Art washes away from the soul the dust of everyday life." Sharpen those pencils, and get ready to sharpen your drawing skills, too, when professional artist Diane Monsoe visits The Villages. She'll teach a graphite drawing class that is easier on the hands and fingers than regular painting. All levels are welcome, and supplies are provided.

Remember The Weavers?

Saturday, 13th @ 2:30pm

The Palms Living Room

Close harmonies, toe-tapping banjo, and great guitar come together in "Weavers Remembered" - a band from Stanley Stern that recalls the popular Weavers quartet from the 1950s.

Where Are You?

Monday, 22nd @ 3:00pm

The Palms Living Room

This mysterious and informative presentation will be offered to you by Palms resident, Lia Kalpakoff. Not sure what this is about? That's half the fun, so come and find out!

CELEBRATIONS:

Resident Birthdays

Carol Ann Farmer - 1st
Devonne Crick - 2nd
Diana Cornelius - 2nd
June Fields - 3rd
Vivian Kilcoyne - 9th
Timmie Powles - 11th
Hollis McFarland - 13th
Lorraine Yake - 18th
Toula Buhrman - 22nd
Iris Kosh - 22nd
Sophie Smith - 25th
Gerry Wallace - 25th
Duane Kukuk - 27th
Charlotte Wilbert - 28th
Lou Fogo - 29th
Ruth Chertok - 30th

Employee Birthdays

Beatriz Ruiz - 2nd
Peter McBride - 3rd
Elizardo Santiago Martinez - 9th
Natalie Ellingson - 22nd
Samuel Terry - 25th

Employee Anniversaries

Shane Bennett - 1 year
Bruce Ihle - 3 years
Paul Morris - 4 years
Veronice Del Cid - 8 years



Virginia Bayley, Teddie Hicks, and Laura McGonagill at the Central Coast Renaissance Festival at Laguna Lake Park.



Resident Perry Jamieson poses in front of the vintage Model A Ford at The Villages Carnival.

Assisted Living

Garden Creek



ADMINISTRATOR'S NOTE:

Dear Residents, Family, & Friends,
This month, I share with you two famous poems that many of you not only remember, but may know by heart!

THE ARROW AND THE SONG

by Henry Wadsworth Longfellow

I shot an arrow into the air,
It fell to earth, I knew not where;
For, so swiftly it flew, the sight
Could not follow it in its flight.
I breathed a song into the air,
It fell to earth, I knew not where;
For who has sight so keen and strong,
That it can follow the flight of song?
Long, long afterward, in an oak
I found the arrow, still unbroke;
And the song, from beginning to end,
I found again in the heart of a friend.

THE ROAD NOT TAKEN

by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Sincerely,

Lea Bogoyevac, Administrator

Resident Spotlight:

- Stubbie Fasig -

The first half century of Stubbie Fasig's life is a travelogue right out of Fodor's. She was an April baby born in Taft, California, to British parents. Unaccustomed to the hot dry deserts of Taft (they had moved to the oil-rich place from a beautiful home in cool, green England), they decided to move to the more moderate city of Long Beach, California. Stubbie's father worked hard drilling oil and fighting derrick fires, and soon his expertise took him to India. Stubbie and her family traveled to Kashmir to vacation while her father worked abroad.

After India, Stubbie's family moved to Montebello, California, when her father took a chance at purchasing a salted gold mine with a partner. When that didn't work out as planned, he took his family on another adventure abroad to Austria while he continued drilling oil. Her family moved to England after their brief stay in Hungary and moved on to Ancon, Ecuador where they nested for ten years.

As a young adult, Stubbie started working as a payroll clerk at a military base until she and her family moved once again back to California. She continued working as a payroll clerk and her mother became a switchboard operator at what is now known as Vandenberg Air Force base. She was transferred to Tokyo, Japan and later to Wiesbaden, Germany before returning to California where she stayed at Edwards Air Force Base for five years.

In 1956, Stubbie married Bob Fasig and together they traveled to Fukuoka, Japan, where they lived for three years. Then it was on to Spokane, Washington and next to Sacramento, California. After Bob retired from the military in 1963, they bought land in both Monterey and San Luis Obispo counties. Stubbie would live in Atascadero for 33 years before moving to The Village at The Oaks in 2004, where she made many cherished friends. Today, she makes her home at Garden Creek where she continues to make new friends.

Stubbie has been called by her familiar nickname since early childhood. Where did it come from? Guess you'll just have to ask her!

September -- Sweater Time!



Don't Miss These Dates!

The Magic of Music Celebration

Friday, 12th @ 2:00pm

1st Floor Living Room

Joyful or sad, comforting or exhilarating, reminiscent or thoroughly modern ... music affects us all in these many ways. It's a powerful, almost magical thing. Don't miss Garden Creek's grand Magic of Music Celebration with a lively performance from the Mudskippers!

Hot Corn & Hot Music ... It's a Country Jamboree

Tuesday, 16th @ 10:00am

The Villages Central Circle

Quilts and crafts, hot buttered corn, a chili cook-off, and foot-stamping country music will be the order of this early fall day, as the Villages holds its annual, old-fashioned, Country Jamboree. Julie & the Bad Dogs will perform!

Hot Chocolate & Current Topics

Mondays, Wednesdays, & Fridays @ 10:30am

1st Floor Living Room

Maybe a cup of sweet hot chocolate will help to take the chill off the world's most current events. Meet with friends, and find out what they think about just about everything. Hear about the newest movies, what's new in politics, the latest developments around the world, and how your favorite sports teams are doing this season.

Concert in the Courtyard

Friday, 26th @ 3:00pm

Garden Creek Courtyard

As we fall into Fall, we still love to enjoy the outdoors. Come enjoy a special outdoor performance from the talented Tim Pacheco and Cindy Meyers in one of our many beautiful gardens. Join us for drinks and a wonderful autumn concert!

World Tourism Day

Saturday, 27th @ 3:30pm

Activity Room

There are many knowledgeable global citizens at Garden Creek and we'd love to hear their stories. Come to this very special event, make your mark on the map, and share your unique perspective. Then learn from each other about the cultures, societies, politics, and values so different from our own.

CELEBRATIONS:

New Residents

Doris Armentrout

Virginia Cooper

Vi Rustigan

Resident Birthdays

Barney Silva - 2nd

Joan Will - 9th

Bette Bertch - 10th

Donna Karnes - 12th

Dotty Bentley - 26th

Fran Rademacher - 29th

Staff Birthdays

Abraham Monge-Navarro - 22nd

Eric Messinger - 26th

Gudelia Arroyo Esteban - 29th



Lorna loved feeding lettuce to the goats and other farm animals at Avila Valley Barn.

Memory Care

Sydney Creek



ADMINISTRATOR'S NOTE:

Dearest Family & Friends,

Purpose. For all of us, and at any stage in our lives, having a sense of **purpose** is key to achieving a high sense of life satisfaction! However, it was Eric Erikson, the famous psychologist, who developed Erikson's Stages of Psychological Development, that summarized psychological development from infancy through maturity (age 65 to death). It is the latest stage of this framework that is of concern to us in the field of aging!

In this stage, Erikson calls it "Ego Integrity vs. Despair" which in lay terms means that people reflect back on the life they have lived and come away with either a sense of fulfillment from a life well lived, or a sense of regret and despair over a life misspent. Those who feel proud of their accomplishments will feel a sense of integrity or **purpose!** Those who are unsuccessful during this phase may feel that their life has been wasted and will experience many regrets and will be left with feelings of bitterness and despair. Now, add all this psychological processing on top of a diagnosis of dementia, and not only would these feelings be difficult to express but difficult for any of us to appreciate or validate!

These are important tenets of the care we provide here at Sydney Creek ... to understand our residents, provide them with purpose, and an opportunity to somehow express themselves during this last stage of our human development. You will see this reflected in our growing and changing Life Enrichment highlights and calendar! Come see how we find **purpose** here at Sydney Creek! Every one of us are valuable ... all the way through the stages of our human development.

Our Mission Statement:

Sydney Creek – A family: Where love is given and love remains.

Warmest regards,
Julie Trisco, Administrator

Resident Spotlight

- Jan Clucas -

By Barbara Datter, Daughter, and Rich Clucas, Son

Janice (Hendricks) Clucas was born on February 27, 1922, in Orange, New Jersey. She was the youngest of four children.

Her younger years were spent in New Jersey and on Long Island, N.Y. Her father was the Vice President of the Thomas Publishing Company in New York City, and her mother was a Grand Matron of the Eastern Star for the State of New Jersey. She fondly remembers huge family gatherings of aunts, uncles, and cousins coming to her grandfather's house at Christmas and other holidays. Summers were frequently spent with her family at the Jersey Shore. Jan's first job was as a Junior Assistant Buyer at Macy's in New York City.

During World War II, she was asked to be a date at an event for a visiting naval servicemen. George Clucas was her blind date, and they married on her birthday in 1946. They were happily married for 63 years. George passed away in 2009. They had three children (Bob, Barbara, and Rich), three grandchildren, and five great-grandchildren. Soon after marrying, they moved to Ann Arbor, Michigan (too cold), then to Sacramento, California (too hot), and then in 1956 they settled in San Luis Obispo (just right), and she has been in California ever since!

While living in San Luis Obispo, George was employed by Cal Poly while Jan worked as a community activist and volunteer. Jan spent much of her time trying to further local and statewide civic issues, serving on numerous city and county planning and advisory committees. In 1961, she and a friend started the San Luis Obispo Chapter of the League of Women Voters, and Jan served as the first president. She also served as a chapter chair for the Santa Lucia Chapter of the Sierra Club and was honored for contributing to its formation. Jan briefly taught history at Cuesta College and was an active member of the Cal Poly Women's Club.

Jan and George traveled extensively throughout the United States, Europe, the Far East, Central America, and the South Pacific. Jan enjoys many interests including reading, listening to classical music, art (but not an artist), flower gardening, golfing, hiking on trails, keeping up with current events (always clipping articles), studying history, and writing her family history. She has a special love for animals, especially dogs.

Jan attended William and Mary in Virginia and then earned her Bachelor's Degree from UCLA and her Master's Degree in history from California State University, Long Beach.

The family has always had strong ties to Cal Poly. George taught there and also worked in administration. Interestingly, eight of the eleven children, grandchildren, and their spouses are graduates of Cal Poly.

Jan was welcomed to Sydney Creek in September, 2013. She enjoys participating in activities on a regular basis as well as keeping up on news and daily happenings with her neighborhood friends. Special planned outings and visits from her daughter and other family members are equally treasured.



September -- Welcome Fall!



Mark Your Calendar!

Community in Action - Sydney Creek's residents are actively reaching out to others ... love is our base, purpose is our meaning, and giving is our heart!

This is "love in action."

"Biscuit Buddies" - Every month, our Sydney Creek residents participate in making and baking all-natural dog biscuits from scratch! Together, we wrap them with special love and care in special packages to be given and shared with seniors and their dogs within the county for distribution through the Senior Nutrition Program.

This is "reaching within."

"Paint Expressions" - Our Life Enrichment Assistant, Lushana Watson, engages residents to paint their own expressions on canvas through the media of oils. The artwork that is produced is absolutely incredible and beautiful! Come see this unique display in the lobby of Sydney Creek!

This is "extended purpose."

"Unraveled" - How can residents enjoy unraveling sweaters? And why would we do this? We, at Sydney Creek, are partnering with a local organization called "The Dollmakers" to help create the hair for dolls. "The Dollmakers" then make beautiful, handmade dolls that are distributed to hundreds of children in crisis and need each year.

This is "giving from the heart."

"Knitting & Knots" - As our primary Alzheimer's Association fundraiser nears in October, we at Sydney Creek are creating beautiful items for sale. Residents are designing scarves, artwork, and crafts with their own hands which will capture both the eye and the heart, as one recognizes the love, time, and unique efforts that were given to produce such items. Come and see what our hands have made, all for the sake of a very worth cause!

This is "creating value" through the use of our hands

"Totally Apples" - Our baking and cooking theme for the month is ... apples! From Gala to Granny Smith, every recipe we make will find a bounty of apples in it! Come join us as we taste our creations, and find how this delicious fruit can tantalize your palate!

NOTABLES:

New Residents

Jim Baker
Barbara Manchen

Resident Birthdays

Erna Burton - 8th
Marcine Reneer - 9th
Dorothy Elmore - 19th
Kay Strahl - 22nd
Bill Evans - 29th
Sophia Silva - 30th

Staff Birthdays

Susana Garza - 3rd
Mary Daguio - 5th
Roberta Guidry - 8th
Damien Diaz - 27th

Staff Anniversaries

Aida Cardenas - 9 years
Flordeliza Corpuz - 7 years

Goodbye

Ron Briggs
Mary Coontz

In Memory Of

Gary Allen
Gene Bruton
Jack Croft
Goldie Zikratch

Sydney Creek Support Group

Tuesday, 2nd @ 5:30pm

You are not alone -- join us. The support group is an open forum for Sydney Creek families to share their thoughts with their peers. Come to share; come to listen. Please RSVP to the Front Desk by Monday, 1st.

The Villages of San Luis Obispo
55 Broad Street
San Luis Obispo, CA 93405

The Villages of San Luis Obispo



Retirement Living

55 Broad Street
San Luis Obispo, CA 93405

The Palms: 805.543.2300

The Oaks: 805.543.2342

For More Information:

Jane Lefebre —805.543.2300
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Assisted Living

73 Broad Street
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Garden Creek: 805.543.2311

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Memory Care

1234 Laurel Lane
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Administrator: Julie Trisco

License #: 405800577

Sydney Creek: 805.543.2350

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